

## The Little Metoo Book For Men

[#metoo guide for men #men and metoo movement #sexual harassment awareness for men #understanding consent #masculinity in the me too era](#)

The Little Metoo Book For Men offers a concise and essential guide for men navigating the complexities of the #MeToo movement. This resource aims to foster a deeper understanding of consent, sexual harassment awareness, and the vital role men play in creating respectful environments. It's an indispensable read for any man seeking to engage thoughtfully and positively with the evolving landscape of gender relations and personal accountability.

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### The Little #MeToo Book for Men

In just seventy-five brief pages, Good Men Project Senior Editor Mark Greene exposes the brutal price that man box culture extracts from men and women world wide. The Little #MeToo Book for Men is a concise, no holds barred call to action, inviting men to step out of silence and isolation and into the battle for a better future. From the introduction: For millions of men, manhood can seem like a foregone conclusion, mapped out for us by universally understood rules for being a 'real man.' These rules determine how we walk, how we talk, what we think and do, what we view as our responsibilities and most importantly, how we pursue or fail to pursue our deepest needs, wants and desires. These rules of manhood become so central to what we believe as to render the distinction between ourselves and our culture of manhood invisible to us. When millions of men live our lives subject to the rules of a culture we are not fully conscious of, it can be damaging for our families, our communities, our collective quality of life, and even our longevity. The Little #MeToo Book for Men seeks to encourage a conversation about how boys and men arrive at what we believe. "If this conversation can reveal even the slightest glimmer of daylight between our dominant culture of masculinity and our own daily choices as men, my hope is we will find, in that space, a more vibrant and authentic connection to our agency, our power and our humanity. Mark Greene's articles on fatherhood, men and emotional expression have received over half a million social media shares and twenty million page views. Greene writes and speaks on men's issues for the Good Men Project, the Shriver Report, the New York Times, Salon, the BBC and the Huffington Post. Follow him on Twitter @RemakingManhood

### Remaking Manhood

Remaking Manhood is a collection of Good Men Project Executive Editor Mark Greene's most popular articles on American culture, relationships, family and fatherhood. It is a timely and balanced look at the life affirming changes emerging from within the modern men's movement. "This is writing that unites men rather than dividing or exploiting them. It speaks to the very best part of men and asks them to

bring that part to the fore—as fathers, as sons, as brothers, as husbands, as friends, as lovers, and as citizens of life." -Michael Rowe, author of *Other Men's Sons*"Read this book, but don't mistake it as a defense of men. *Remaking Manhood* is going to be considered a go-to piece of literature on the new "Male Revolution."" -Jason Grant, CityDadsGroup.com"Mark interweaves his own deeply personal stories with a salient and powerful deconstruction of manhood in America."-Lisa Hickey, CEO, Good Men Project

### A Step-by-Step Guide to Socio-Emotional Relationship Therapy

Writing to the practicing clinician, this book offers a step-by-step practical guide to Socio-Emotional Relationship Therapy (SERT) when working with individuals, couples, and families. Most therapists know sociocultural systems influence their clients' lives, but few know how to connect the dots between what happens in the wider society, interpersonal neurobiology, relational processes, and client well-being. Written by a founder of SERT, Carmen Knudson-Martin draws on knowledge from multiple disciplines to innovatively weave together a practical step-by-step guide that demystifies the connections between micro and macro processes and relational/self-development. Divided into four parts, chapters cover how to conceptualize clinical issues through a socio-emotional lens, the therapist's role in assessment, goal-setting, clinical decision-making, the "how-to" of each of the three phases of the SERT clinical sequence, and self-of-the-therapist work and clinical research that inform the model. The clear writing style and detailed examples make complex social processes accessible, demonstrating how good practice is—and must be—equitable and socially responsible. This practical guide is essential reading for all mental health professionals, such as seasoned family therapists, counselors, psychologists, social workers, and students in training in these fields.

### STRONG: A Relationship Field Guide for the Modern Man

The traditional roles of men and women in relationships are changing rapidly, and men are looking for ways to distinguish themselves as high-value partners in the current relationship landscape. **STRONG: A Relationship Field Guide for the Modern Man** distills the existing research on mental health and relationship science into the six essential green flags a modern woman is looking for in a man. In this book, you will find: • Self-regulation skills for healthy conflict • Tips for increasing your emotional connection • The types of sexual desire and tips on nurturing pleasure • The five love languages and how you and your partner may differ • The four positions of a constructive conversation • Tools for repair after conflict • The role of attachment styles and trauma in relationships . . . and so much more. **STRONG** provides the motivated modern man with immediately applicable tools and skills to step up his relational game and come out on top.

### Dads for Daughters

"The dude's playbook and toolbox for truly showing up for women at work as an advocate and a warrior for gender equality . . . Go Dads Go!" —W. Brad Johnson & David Smith, authors of *Athena Rising* Winner 2020 Living Now Gold Award, *Family & Parenting Today's* generation of feminist dads are raising confident, empowered daughters who believe they can achieve anything. But the world is still profoundly unequal for women and girls, with workplaces built by men for men, massive gender pay gaps, and deeply-ingrained gender stereotypes. **Dads for Daughters** offers fathers guidance for building a world where their daughters can thrive. The most successful leaders of all companies, from family businesses to lean startups, understand that leaders eat last. Your workplace can be a stage for the fight for equality and true leadership that empowers women. The guidance in this book will help you move from TED talks to daily action. Men who were raised with the second-wave feminism of *The Feminine Mystique* know that the personal is political. The confidence code for girls that you instill at home can lead to a better world for all women. **Dads for Daughters** is a feminist book for fathers invested in the gender equality fight. With this book, you'll find: Steps you can take today in your workplace and community to create a better tomorrow Inspiring stories from successful and empathetic fathers Resources to help you take action in the women's movement "If you're a dad who wants to create a fairer and more equal world for your daughters to thrive in, this book is a must-read!" —Jerry Yang, cofounder & former CEO of Yahoo! Inc.

### Heart of Maleness

In this timely, self-reflective essay, a groundbreaking sociologist and philosopher examines the underlying causes of gender inequality and how we can fight against it. Following the shocking, infuriating

accounts shared as part of the #MeToo movement, Raphaël Liogier felt compelled to apply his academic expertise to shed light on the roots of gender inequality and its many manifestations, including catcalling, workplace harassment, and rape, as well as the glass ceiling and the gender pay gap. In the brazenness of Donald Trump, who brags about groping women, in the hypocrisy of outspoken progressives whose private behavior belies their so-called feminist ideals, and even occasionally in the good intentions of men such as Liogier who strive to be allies, we can see the influence of a deep-seated fantasy of male dominance. With candor and clarity, Liogier demonstrates that the archetypal Prince Charming and a monstrous predator such as Harvey Weinstein are two sides of the same coin—products of a worldview that not only places a man's desires above a woman's, but also doubts whether women are fundamentally capable of knowing what they want. Recent years have witnessed significant progress toward gender equality, from the ousting of prominent men accused of sexual misconduct to the unprecedented popularity of the 2019 Women's World Cup. *Heart of Maleness* maps out the crucial work still to be done, first and foremost addressing the core male fantasy about women's bodies and minds.

### Raising Boys to Be Good Men

"If you are the parent of a boy . . . this is the book you need . . . insightful, enlightened, practical."  
—Peggy Orenstein, New York Times bestselling author of *Boys & Sex*

From the dad who created the viral tweet supporting his son wearing nail polish, this essential parenting guide shares 36 parenting tips for battling gender norms, bringing down "man up" culture, and helping sons realize their potential. Our boys are in a crisis. Toxic masculinity and tough guy-ism are on display daily from our leaders, and we see anger, dysfunction, violence, and depression in young men who are suffocated by harmful social codes. Our young sons are told to stop throwing like a girl. They hear phrases like "man up" when they cry. They are told "boys will be boys" when they behave badly. The "Girl Power" movement has encouraged women to be whoever and do whatever they want, but that sentiment is not often extended to boys. Just watch the bullying when boys try ballet, paint their fingernails, or play with a doll. But we can treat this problem—and the power lies in the hands of parents. It's not only possible to raise boys who aren't emotionally stifled and shoved into stereotypical gender boxes; it's vital if we want a generation of men who can express their emotions, respect women, and help nurse society back to a halfway healthy place. We can reframe manhood. From Aaron Gouveia, who gained viral fame after tweeting his support for his son's painted fingernails (and who knows toxic masculinity very well), learn practical and actionable tips such as: Don't accept different standards for moms and dads Teach boys that "girl" is not an insult and retire phrases like "boys will be boys" Show boys that expressing their emotions and being physical is a good thing Let boys pursue nontraditional interests and hobbies Talk to boys about consent and privilege Model healthy and respectful relationships for boys to emulate Penned with equal parts humor, biting snark, and lived advice, *Raising Boys to Be Good Men* is the essential parenting guide for raising sons to realize their potential outside the box.

### Engage and Empower

This edited book provides ready-to-use engaging curriculum units for an integrated approach to teaching English language arts and U.S. history in grades 4-12. The purpose is to promote social justice and activism while building critical literacies students need in the 21st Century. Through implementing the curriculum units in this book, teachers and students can challenge inequities and promote activism. A central goal of this project is to represent and empower marginalized students. The traditional curriculum presents one view, one story as the only story, and one people as the norm. This book intentionally centers the experiences of Black, Indigenous, People of Color (BIPOC) and other marginalized communities. In addition to expanding the curriculum to include all people, educating students about issues of injustice in the U.S. will enable them to enact change. Additionally, this book serves to educate all students by exposure to central issues in past and present society. By creating space for a multicultural perspective, this curriculum may reduce the friction that occurs when encountering those whose lived experiences and perspectives do not align with one's own. By educating students about the privileges they have not examined, teachers can foster empathy and empower allies.

### Remaking Manhood the Battle Against Dominance-Based Masculine Culture

Good Men Project Senior Editor Mark Greene presents a compelling deconstruction of our dominance-based culture of masculinity. In articles that range from the personal to the political, Greene

takes us into the world of MRA's, Incels and other masculinity extremists, deftly mapping the ways in which our bullying Man Box culture fuels male disconnection, extremism and early mortality. Greene invites men to instead break out of Man Box culture and create a masculine culture of expression and connection. The Battle Against Dominance-Based Masculine Culture is a clear and unyielding case for ending the deep harm our Man Box culture of masculinity does to men and to all those whose lives we impact.

### Gender Equity & Reconciliation

Gender equity is woefully overdue—we cannot wait any longer. Yet gender equity will wait, just as it has for thousands of years, until women and men and people of all genders co-create it together. One-sided solutions are not enough, and shame and blame will get us nowhere. The new pathway to healing and creating right relations between the genders can only be forged by courageously confronting gender injustice from all sides, and moving through the ensuing 'collective alchemy' to transform gender injustice from the inside out. Inspired by the principles of Truth and Reconciliation developed by Archbishop Desmond Tutu in South Africa, the Gender Equity and Reconciliation International (GERI) process has been implemented over three decades for thousands of people on six continents. Guided by the twin powers of truth and love, and supported by skillful facilitation, the GERI process—as demonstrated in this book—creates safe forums to empower the unraveling of gender and sexual conditioning with alchemical depth and acumen, and initiate a whole new culture of gender relations and beloved community. With contributions from dozens of GERI participants, twelve distinguished world leaders in related fields, and special inserts from such notable persons as Stanislav Grof, M.D., Jetsunma Tenzin Palmo, and Peter Rutter, M.D., this book is an invaluable resource for laypersons and professionals, politicians and psychotherapists, educators and religious leaders, who are eager to discover new proven pathways to transform gender-based conflicts and address the needs of young and old in their homes, therapy practices, organizations, and congregations across the globe. Gender Equity is the one certain step to heal humanity. ... This book and the GERI program illuminates a path to do just that. —Justin Baldoni, author of *Man Enough* Inspiring and intersectional approach, ... underscores the transformative power of gender justice movements. —Latanya Mapp Frett, President and CEO of Global Fund for Women Magnificent heartfelt healing work, ... gifts us a map of deep positive transformation. —Jack Kornfield, author of *A Path With Heart* A groundbreaking guide for all who want fulfilling relationships, and a more caring and equitable world. —Riane Eisler, author of *The Chalice and the Blade* and *Nurturing Our Humanity*

### The Surface Breaks: a reimagining of The Little Mermaid

Deep beneath the sea off the cold Irish coast, Gaia is a young mermaid who dreams of being human... but at what terrible price? Hans Christian Andersen's dark original fairy tale is reimagined through a searing feminist lens, with the stunning, scalpel-sharp writing and world building that has won Louise her legions of devoted fans.

### Toxic Masculinity

Since the emergence of the #MeToo movement, the term "toxic masculinity" has been used as an insult, a defense, and a lazy explanation of society's ills. What is toxic masculinity? Is it inherently a condemnation or is it a nuanced labeling of the limitations of gender roles? Written by diverse authors from a variety of perspectives, the essays in this enlightening resource explore the state of masculinity today, whether toxic masculinity actually exists, how it affects others, and how changes in men's and women's roles may or may not be something to fear.

## Living That Matters

Conversations that matter for men Do you wonder what it means to be a man? Do you desire to grow? Want something more? Long for a life that matters? Seek to make a difference in the world? If so, Living That Matters may be for you or your group. This practical handbook is a guide to help individuals and groups engage in honest conversations on what matters most for men—with a focus on following Jesus, forming community, and building peace. With over 60 years of combined experience in pastoral ministry and social work geared toward men, authors Steve Thomas and Don Neufeld offer many short reflections to help individuals and groups deepen relationships with one another, with ourselves, with our families and communities, and with God as we seek to live into God's shalom—a peaceable order with abundance, security, and justice for all and well-being throughout creation.

## The End of Men

What Betty Friedan, Simone de Beauvoir, Susan Faludi and Naomi Wolf did for feminism, senior editor of The Atlantic Hanna Rosin does for a new generation of women: an explosive new argument for why women are winning the battle of the sexes and why men are no longer top dog. Women are no longer catching up with men. By almost every measure, they are out-performing them. We are at an unprecedented moment in history. In 2010, for the first time, the balance of the British workforce tipped towards women, who now hold around half of the nation's jobs. In the US, meanwhile, for every two men that receive a BA, three women will achieve the same. Not only do women now dominate colleges and professional schools on every continent except Africa, young single women in the US now earn more than their male counterparts, and more than a third of mothers in the UK and the US are their family's main breadwinner. The tides have turned. The 'age of testosterone' is decisively over. At almost every level of society women are proving themselves far more adaptable and suited to a job market that rewards people skills and intelligence, and a world that has a dramatically diminishing need for traditional male muscle. In this landmark, once-in-a-generation book, Hanna Rosin reveals how this new world order came to be and its profound implications for marriage, sex, children, work, families and society. Unhampered by old assumptions and ideologies and drawing on examples from across the globe, The End of Men helps us see how both men and women can - and must - adapt for a radically new era. 'In this bold and inspired dispatch, Rosin upends the common platitudes of contemporary sexual politics with a deeply reported meditation from the unexpected frontiers of our rapidly changing culture' Katie Roiphe, author of The Morning After and Uncommon Arrangements 'The End of Men describes a new paradigm that can, finally, take us beyond 'winners' and 'losers' in an endless 'gender war.' What a relief! Ultimately, Rosin's vision is both hope-filled and creative, allowing both sexes to become far more authentic: as workers, partners, parents...and people' Peggy Orenstein, author of Cinderella Ate My Daughter and Schoolgirls Hanna Rosin is a senior editor at The Atlantic magazine and a founder and co-editor of DoubleX, Slate's women's section. She has written for the New Yorker, The New York Times, GQ, and The New Republic, and for a number of years covered politics and religion for the Washington Post. In 2009 she was nominated for a National Magazine Award, and in 2010 she won one. She is the author of a previous book, God's Harvard: A Christian College on a Mission to Save America. Rosin lives in Washington, DC, with her husband, Slate editor David Plotz, and their three children.

## Down Girl

'An important and compelling analysis of a phenomenon that's everywhere' Cordelia Fine, Big Issue 'Offers a sharply cut prism through which to view our everyday experience' Afua Hirsch, The TLS A powerful, lucid analysis of the logic of misogyny from a remarkable feminist thinker, Down Girl is essential reading for the #MeToo era. Misogyny is a hot topic, yet it's often misunderstood. What is misogyny, exactly? Who deserves to be called a misogynist? How does misogyny contrast with sexism, and why is it prone to persist - or increase - even when sexist gender roles are waning? In Down Girl moral philosopher Kate Manne argues that misogyny should not be understood primarily in terms of the hatred or hostility some men feel toward all or most women. Rather, it is primarily about controlling, policing, punishing and exiling the "bad" women who challenge male dominance. And it is compatible with rewarding "the good ones" and singling out other women to serve as warnings to those who are out of order.

## Re-Visioning Family Therapy, Third Edition

A leading text for courses that go beyond the basics of family systems theory, intervention techniques, and diversity, this influential work has now been significantly revised with 65% new material. The volume explores how family relationships--and therapy itself--are profoundly shaped by race, social class, gender, religion, sexual orientation, and other intersecting dimensions of marginalization and privilege. Chapters from leading experts guide the practitioner to challenge assumptions about family health and pathology, understand the psychosocial impact of oppression, and tap into clients' cultural resources for healing. Practical clinical strategies are interwoven with theoretical insights, case examples, training ideas, and therapists' reflections on their own cultural and family legacies. • New to This Edition  
\*Existing chapters have been thoroughly updated and 21 chapters added, expanding the perspectives in the book. • \*Reflects over a decade of theoretical and clinical advances and the growing diversity of the United States. \*New sections on re-visioning clinical research, trauma and psychological homelessness, and larger systems. •••

### For the Love of Men

A nonfiction investigation into masculinity, *For The Love of Men* provides actionable steps for how to be a man in the modern world, while also exploring how being a man in the world has evolved. In 2019, traditional masculinity is both rewarded and sanctioned. Men grow up being told that boys don't cry and dolls are for girls (a newer phenomenon than you might realize—gendered toys came back in vogue as recently as the 80s). They learn they must hide their feelings and anxieties, that their masculinity must constantly be proven. They must be the breadwinners, they must be the romantic pursuers. This hasn't been good for the culture at large: 99% of school shooters are male; men in fraternities are 300% (!) more likely to commit rape; a woman serving in uniform has a higher likelihood of being assaulted by a fellow soldier than to be killed by enemy fire. In *For the Love of Men*, Liz offers a smart, insightful, and deeply-researched guide for what we're all going to do about toxic masculinity. For both women looking to guide the men in their lives and men who want to do better and just don't know how, *For the Love of Men* will lead the conversation on men's issues in a society where so much is changing, but gender roles have remained strangely stagnant. What are we going to do about men? Liz Plank has the answer. And it has the possibility to change the world for men and women alike.

### Men on Strike

American society has become anti-male. Men are sensing the backlash and are consciously and unconsciously going “on strike.” They are dropping out of college, leaving the workforce and avoiding marriage and fatherhood at alarming rates. The trend is so pronounced that a number of books have been written about this “man-child” phenomenon, concluding that men have taken a vacation from responsibility simply because they can. But why should men participate in a system that seems to be increasingly stacked against them? As *Men on Strike* demonstrates, men aren't dropping out because they are stuck in arrested development. They are instead acting rationally in response to the lack of incentives society offers them to be responsible fathers, husbands and providers. In addition, men are going on strike, either consciously or unconsciously, because they do not want to be injured by the myriad of laws, attitudes and hostility against them for the crime of happening to be male in the twenty-first century. Men are starting to fight back against the backlash. *Men on Strike* explains their battle cry.

### That's What She Said

A FINANCIAL TIMES BUSINESS BOOK OF THE MONTH 'Urgently needed' Charles Duhigg, best-selling author of *THE POWER OF HABIT* and *SMARTER* 'Attention, good guys: this book is for you' Adam Grant, bestselling author of *ORIGINALS* and *OPTION B* with Sheryl Sandberg 'I know what you're thinking: 'Not another career guide-cum-manifesto, telling us to "woman up" and demand more money.' But that isn't what Lipman says. Instead, she uses data, reams of it, to expose how the system is rigged against women. She then calls for men to join the fight to make the workplace more equal' SUNDAY TIMES STYLE MAGAZINE Women spend their working lives adapting to an environment set up for men, by men: from altering the way they speak to changing the clothes they wear to power posing. But still the gender gap persists. And once you see it - women being overlooked, interrupted, their ideas credited to men - it's impossible to ignore. But it needn't be this way. Diving deep into the wide range of government initiatives, corporate experiments and social science research Joanne Lipman offers fascinating new revelations about the way men and women work culled from the Enron scandal, from brain research, from transgender scientists and from Iceland's campaign to 'feminise' an entire

nation. Packed with fascinating and entertaining examples - from the woman behind the success of Tupperware to how Google reinvented its hiring process - *That's What She Said* is a rallying cry to both men and women to finally take real steps towards closing the gender gap. Previously published as *WIN WIN: When Business Works for Women, It Works for Everyone*

### Man School

"Man School: Relating With Women in the #MeToo Era" is an acknowledgement of women and a nonjudgmental education for men in how we got here, why women are upset, what they need and who the modern man gets to become in order to provide the safe space for healing we all need.

### Men After #MeToo

Grounded in an explicit focus on men's roles and responsibilities in the fight against sexual harassment, this book creates a deeper understanding of why sexual harassment against women occurs and how we, as a society, can better respond to and prevent it. Integrating theoretical analyses with empirical data from interviews with 25 Danish men, the author argues that if we want to eradicate the social and cultural tolerance of sexual harassment and the victim blaming of women, then we need a paradigm-shifting perspective. This book investigates the framing of the debates on sexual harassment, just as it looks deeper into the socialization processes of men, and raises the question of why so many men feel entitled to sexually harass women. This book also explores what part men can play in combating sexual harassment, emphasizing that it is important not only to see men as perpetrators, but also as empowered bystanders. It argues that the #MeToo movement constitutes a potential instructive moment, presenting men with an opportunity for change.

### The Bible and Sexual Violence Against Men

At least 1 in 6 men have experienced some form of sexual violence. *The Bible and Sexual Violence Against Men* argues that the shame and stigma around male sexual abuse are interwoven with contemporary social and cultural concepts of masculinity, and are also found in the ancient world and biblical texts themselves. This book is interdisciplinary and has three main areas of exploration: #MenToo? Exploring the myths around sexual violence against men Sexual violence against men in the Hebrew Bible Reading Jesus' enforced nudity at the crucifixion as sexual violence. Given the enduring importance of the Bible in contemporary society, this book explores the biblical texts that depict sexual violence against men. It examines critical approaches from theology, biblical, and religious studies perspectives, while also exploring insights from the fields of sociology, psychology, and criminology as well as referring to legal cases and legislation, charity work, and media-focussed articles. In seeking to serve a number of interested readers, including those who are not familiar with the Bible, short summaries of the biblical texts under discussion are given in each case.

### Me, Not You

The Me Too movement, started by Black feminist Tarana Burke in 2006, went viral as a hashtag eleven years later after a tweet by white actor Alyssa Milano. Mainstream movements like #MeToo have often built on and co-opted the work of women of colour, while refusing to learn from them or centre their concerns. Far too often, the message is not 'Me, Too' but 'Me, Not You'. Alison Phipps argues that this is not just a lack of solidarity. Privileged white women also sacrifice more marginalised people to achieve their aims, or even define them as enemies when they get in the way. *Me, not you* argues that the mainstream movement against sexual violence expresses a political whiteness that both reflects its demographics and limits its revolutionary potential. Privileged white women use their traumatic experiences to create media outrage, while relying on state power and bureaucracy to purge 'bad men' from elite institutions with little concern for where they might appear next. In their attacks on sex workers and trans people, the more reactionary branches of this feminist movement play into the hands of the resurgent far-right.

### The Relational Book for Parenting

Professor, author, researcher and couple and family therapist Saliha Bava, PhD, and her husband, author and illustrator Mark Greene share the core ideas of relational thinking through comics, fables and powerful articles, charting a playful and transformative path to growing our children's relational intelligence. "Growing our children's relationship super powers is the joyful cure for what ails our

angry, disconnected culture."-Micheal Kasdan, The Good Men Project"Life-changing, culture-shaping ideas ... I was smiling, highlighting, imagining how I could use this to equip teachers and parents with new insights and understandings and SUPER POWERS. The theory masterfully bridges what I know from my work as an early childhood teacher right through to my new field of guidance and counseling."-Bronwyn Leiatua

### What Do Men Want?

From the acclaimed philosopher and author of *One-Dimensional Woman*, a bold, playful and open-minded exploration of the role of men in the twenty-first century Something is definitely up with men. From millions online who engage with the manosphere to the #metoo backlash, from Men's Rights activists and incels to spiralling suicide rates, it's easy to see that, while men still rule the world, masculinity is in crisis. How can men and women live together in a world where capitalism and consumerism has replaced the values - family, religion, service and honour - that used to give our lives meaning? Feminism has gone some way towards dismantling the patriarchy, but how can we hold on to the best aspects of our metaphorical Father? With illuminating writing from an original, big-picture perspective, Nina Power unlocks the secrets hidden in our culture to enable men and women to practice playfulness and forgiveness, and reach a true mutual understanding and a lifetime of love.

### El Pequeño Libro #MeToo para Hombres

Para millones de hombres, la hombría puede parecer como una conclusión evidente, trazada para nosotros por las reglas entendidas universalmente para ser un 'verdadero hombre.' Estas reglas determinan cómo hablamos, cómo caminamos, lo que pensamos y hacemos, lo que vemos como nuestras responsabilidades y más importante, cómo perseguimos o fallamos en perseguir nuestras más profundas necesidades, querencias y deseos. Estas reglas de hombría se vuelven tan centrales a lo que creemos como para hacer la distinción entre nosotros mismos y nuestra cultura de hombría invisible a nosotros. Cuando millones de hombres vivimos nuestras vidas sujetos a las reglas de una cultura de la que no estamos completamente conscientes, esto puede ser dañino para nuestras familias, nuestras comunidades, nuestra colectiva calidad de vida, e incluso nuestra longevidad. El Pequeño Libro #MeToo para Hombres busca fomentar una conversación sobre cómo los chicos y hombres llegamos a lo que creemos." Si esta conversación puede revelar siquiera el más pequeño rayo de luz del día entre nuestra cultura dominante de masculinidad y nuestras propias elecciones diarias como hombres, mi esperanza es que encontraremos, en ese espacio, una conexión más vibrante y auténtica a nuestra agencia, nuestro poder y nuestra humanidad. Los artículos de Mark Greene en paternidad, hombres y expresión emocional han sido compartidos más de medio millón de veces y tienen veinte millones de visitas. Greene escribe y habla sobre asuntos de hombres para the Good Men Project, the Shriver Report, el New York Times, Salon, la BBC y el Huffington Post. Síguelo en Twitter @RemakingManhood "Este no es solo un libro, ¡es una bomba! Una poderosa llamada a terminar el silencio de los hombres en el asalto sexual." - Lisa Hickey, Directora, The Good Men Project "Con profunda compasión por los hombres, Greene da voz a nuestros mejores yo." - Michael Kasdan "Mark Greene ha escrito un libro oportuno y convincente que conecta dos asuntos aparentemente dispares, el extendido silencio sobre & aceptación cultural del asalto sexual contra las mujeres, y el asalto emocional contra los hombres que comienza cuando son niños. No podemos curar a una sin tratar al otro." - Lisa Duggan

### Horse Crazy

Horse Crazy explores the meaning behind the love between girls and horses. Jean O'Malley Halley, a self-professed "horse girl," contends that this relationship and its cultural signifiers influence the manner in which young girls define their identity when it comes to gender. Halley examines how popular culture, including the "pony book" genre, uses horses to encourage conformity to gender norms but also insists that the loving relationship between a girl and a horse fundamentally challenges sexist and mainstream ideas of girlhood. Horse Crazy looks at the relationships between girls and horses through the frameworks of Michel Foucault's concepts of normalization and biopower, drawing conclusions about the way girls' agency is both normalized and resistant to normalization. Segments of Halley's own experiences with horses as a young girl, as well as experiences from the perspective of other girls, are sources for examination. "Horsey girls," as she calls them, are girls who find a way to defy the expectations given to them by society-thinness, obsession with makeup and beauty, frailty-and gain the possibility of freedom in the process. Drawing on Nicole Shukin's uses of animal capital theories,



Halley also explores the varied treatment of horses themselves as an example of the biopolitical use of nonhuman animals and the manipulation and exploitation of horse life. In so doing she engages with common ways we think and feel about animals and with the technologies of speciesism.

### The Macho Paradox

A fully revised and updated edition to a classic bestseller, *The Macho Paradox* is the first book to show how violence against women is a men's issue—and how all genders can come together to stop it. From the #MeToo movement to current discussions about gender norms in schools, sports, politics, and media culture, *The Macho Paradox* incorporates the voices and experiences of the women, men, and others who have confronted the problem of gender violence from all angles. Bestselling author Jackson Katz is a pioneering educator and activist on the topic of men's violence against women. In this revised edition of his heralded book, Katz outlines the ways in which cultural ideas about "manhood" contribute to men's sexually harassing and abusive behaviors and that men have a positive role to play in challenging and changing the sexist cultural norms that too often lead to gender violence. This important book for abused women covers topics ranging from mental and emotional abuse to sexual harassment to domestic violence and is a vital read for women with controlling partners or as a self-help book for men. Praise for *The Macho Paradox*: "A candid look at the cultural factors that lend themselves to tolerance of abuse and violence against women."—Booklist "If only men would read Katz's book, it could serve as a potent form of male consciousness-raising."—Publishers Weekly "These pages will empower both men and women to end the scourge of male violence and abuse. Katz knows how to cut to the core of the issues, demonstrating undeniably that stopping the degradation of women should be every man's priority."—Lundy Bancroft, author of *Why Does He Do That?: Inside the Minds of Angry and Controlling Men*

### C Is for Consent

A children's board book about respecting body boundaries. Teaches babies, toddlers, and thoughtful parents that it is okay for kids to say no to hugs and kisses, and that what happens to a person's body is up to them. Inspired by the #MeToo movement, written by a mom, illustrated by a feminist artist, and successfully crowdfunded on Kickstarter. Follows recommendations by child experts about allowing kids to decide when and how to offer affection to others. Helps young kids grow up confident in their bodies, comfortable with expressing physical boundaries, and respectful of the boundaries of others.

### Raising Our Hands

White women are one of the most influential demographics in America—we are the largest voting bloc, with purchasing power that exceeds anybody else's, and when we unify to demand change, we are a force to be reckoned with. Yet, so many of us sit idly on the sidelines, opting out of raising our hands to do, learn, and engage in ways that could make a difference. Why? White American women are no monolith. Yet, as Women's March national organizer Jenna Arnold has learned over the past few years criss-crossing the US in conversations with white women about their identity and role in the country, we do possess common characteristics—ones that get in the way of us becoming more engaged as citizens. We're so focused on checking off our to-do lists, or so afraid of getting it wrong, or so busy trying to avoid conflict, that we are actively avoiding the urgent conversations we need to have. We are confused about how we got here and unsure how to do better. *Raising Our Hands* is the reckoning cry for white women. It asks us to step up and join the new frontlines of the fight against complacency—in our homes, in our behaviors, and in our own minds. Consider *Raising Our Hands* your starting place, your "Intro to Being a White Woman in Today's World" freshman-year class. In these pages, Jenna peels back the history that's been kept out of textbooks and the cultural norms that are holding us back, so we can finally start really listening to marginalized voices and doing our part to promote progress. The American white woman is a powerful force—an essential participant—to mobilize alongside the rest of humanity on behalf of the world, and we can no longer make excuses for why we don't have time or don't know enough.

### The Routledge Companion to Masculinity in American Literature and Culture

Recently, the U.S. has seen a rise in misogynistic and race-based violence perpetrated by men expressing a sense of grievance, from "incels" to alt-right activists. Grounding sociological, historical, political, and economic analyses of masculinity through the lens of cultural narratives in many forms and expressions, *The Routledge Companion to Masculinity in American Literature and Culture* suggests

that how we examine the stories that shape us in turn shapes our understanding of our current reality and gives us language for imagining better futures. Masculinity is more than a description of traits associated with particular performances of gender. It is more than a study of gender and social power. It is an examination of the ways in which gender affects our capacity to engage ethically with each other in complex human societies. This volume offers essays from a range of established, global experts in American masculinity as well as new and upcoming scholars in order to explore not just what masculinity once meant, has come to mean, and may mean in the future in the U.S.; it also articulates what is at stake with our conceptions of masculinity.

### Modern Manhood

Emmy and Peabody Award–nominated health reporter Cleo Stiller’s fun(ny) and informative collection of advice and perspectives about what it means to be a good guy in the era of #MeToo. Here are a few self-evident truths: Predatory men need to go, sexual assault is wrong, and women and men should be equal. If you’re a man and disagree with any of the aforementioned, then this book isn’t for you. But if you agree, you’re probably one of the “good guys.” That said, you might also be feeling frustrated, exasperated, and perhaps even skeptical about the current national conversation surrounding #MeToo (among many other things). You’ve likely found yourself in countless experiences or conversations lately where the situation feels gray, at best. You have a lot to say, but you’re afraid to say it and worried that one wrong move will land you in the hot seat. From money and sex to dating and work and everything in between—it can all be so confusing! And when do we start talking about solutions instead of putting each other down? In *Modern Manhood*, reporter Cleo Stiller sheds light on all the gray areas out there, using conversations that real men and women are having with their friends, their dates, their family, and themselves. Free of judgment, preaching, and sugarcoating, *Modern Manhood* is engaging, provocative, and, ultimately, a great resource for gaining a deeper understanding of what it means to genuinely be a good man today.

### #Me too

Intimate ,honest and penetrating account - Raghu Rai About The Book “Me too” – simple words, mostly and since time immemorial used to express or reciprocate something as beautiful as “I Love You” have morphed into a rallying cry of coercion and How!!! Suddenly, one day, a deluge of “Me Too” stories stormed the digital media and our lives. One day?!! But assault and harassment happen each day, each passing moment, to each and every one. While the “Me Too” movement has been the most important cultural shift happening with mammoth changes happening within institutions and individuals in the world. ‘Me Too’ stories of those who loosened their seals of silence... turning the ‘Shy’ to ‘Why????’ About The Author Karan Puri is an author and his first fiction novel "Shit Happens - A desi boy in America" has been a bestseller. The book also got mention in the India Today Top 20 books in 2012. Karan is a freelance writer in Lifestyle for various publications and also runs his own digital marketing consultancy. Earlier he has also worked in marketing in leading corporates like Coca-Cola and Ernst & Young to name a few apart from being a renowned Lifestyle blogger and leading Food Influencer.

### #MeToo

80 poets brought together by editor Deborah Alma in a women's poetry anthology that has risen up out of the collective rage that found a voice in the wake of the #MeToo social media campaign. Foreword by Jess Phillips MP.

### When It Is Darkest

AS FEATURED ON BBC RADIO 4 Winner of the 2021 BPS Popular Science Book Award 'Read this incredible book. I wept and I learnt' - Prof Tanya Byron 'This book comes from the heart' - Roman Kemp 'Compassionate, personal and thought-provoking' - Prof Steve Peters When you are faced with the unthinkable, this is the book you can turn to. Suicide is baffling and devastating in equal measures, and it can affect any one of us: one person dies by suicide every 40 seconds. Yet despite the scale of the devastation, for family members and friends, suicide is still poorly understood. Drawing on decades of work in the field of suicide prevention and research, and having been bereaved by suicide twice, Professor O'Connor is here to help. This book will untangle the complex reasons behind suicide and dispel any unhelpful myths. For those trying to help someone vulnerable, it will provide indispensable advice on communication, stressing the importance of listening to fears and anxieties without judgment.

And for those who are struggling to get through the tragedy of suicide, it will help you find strength in the darkest of places.

### Women, Men and the Whole Damn Thing

'How to find the right words to frame this horror? How to understand why men do what they do to women? How to comprehend this malign force that seems to seep from the male psyche and infect us all? . . . That is the central hope, the appeal, embedded in this book: that other men might join me in this investigation and ruthless self-interrogation-and in doing so, become part of the change that is so urgently required.' David Leser In February 2018, the Good Weekend cover story by David Leser, 'Women, men and the whole damn thing', had an extraordinary response. David received hundreds of personal messages from readers around the world - both women and men - urging him to expand his story. Here is that book: a brilliant, impassioned, unflinching account of the firestorm of #MeToo, how we got there and where we must now go. In this essential and incisive investigation, Leser unearths the roots of misogyny, its inextricable links to the patriarchy, and how history brought us to the #MeToo movement and the wave of incandescent female rage that is sweeping the world. Crucially, he also interrogates his own psyche, privilege and culpability as he bears witness to the 'collective wound of the world' and asks how we can move towards healing and profound and permanent change. 'An important read for anybody interested in a real dialogue and a real engagement on how to move forward in a #MeToo era. The fact that it is written by a man who is aware of his privileges and led by his curiosity for a genuine understanding makes it all the more important.' Zainab Salbi, author of *Between Two Worlds* and executive editor and host of #MeToo, *Now What?* 'David Leser has written the book a man needed to write. He has a deep ethical understanding of discrimination against women. He cares about that injustice. But he also cares about how men themselves can be part of the solution. Compassionate, incisive and beautifully written.' Professor Catharine Lumby, academic, author and journalist 'A brave plunge into deep waters: a tough, thorough, tender-even loving-book.' Robert Drewe, author of *The Shark Net*

### Sexual Revolution

'Captivating, emphatic and deeply inspiring, *Sexual Revolution* lifted me greatly by envisioning the possibilities of our moment' V (formerly Eve Ensler) 'Brilliant; vital; revolutionary' Kate Manne  
This is a story about how modern masculinity is killing the world, and how feminism can save it. It's a story about sex and power and trauma and resistance and persistence. Sex and gender are changing, and the world is changing with them. In this time of crisis, we are also witnessing a productive transformation: a revolutionary change in how we define gender, sex, consent and whose bodies matter. This sexual revolution is a threat to the social and economic order. It undermines the existing power structures and weakens the authority of institutions from the waged workplace to the nuclear family. No wonder the far right is fighting back so hard. Told with Laurie Penny's trademark urgency and candour, *Sexual Revolution* is a hand-grenade of a book: both a manifesto for social change and a story of how feminism can save us.

### Women Talking

The basis of the Oscar-winning film from writer/director Sarah Polley, starring Rooney Mara, Claire Foy, Jessie Buckley, with Ben Whishaw and Frances McDormand. INTERNATIONAL BESTSELLER "This amazing, sad, shocking, but touching novel, based on a real-life event, could be right out of *The Handmaid's Tale*." -Margaret Atwood, on Twitter "Scorching . . . a wry, freewheeling novel of ideas that touches on the nature of evil, questions of free will, collective responsibility, cultural determinism, and, above all, forgiveness." -New York Times Book Review, Editors' Choice One evening, eight Mennonite women climb into a hay loft to conduct a secret meeting. For the past two years, each of these women, and more than a hundred other girls in their colony, has been repeatedly violated in the night by demons coming to punish them for their sins. Now that the women have learned they were in fact drugged and attacked by a group of men from their own community, they are determined to protect themselves and their daughters from future harm. While the men of the colony are off in the city, attempting to raise enough money to bail out the rapists and bring them home, these women-all illiterate, without any knowledge of the world outside their community and unable even to speak the language of the country they live in-have very little time to make a choice: Should they stay in the only world they've ever known or should they dare to escape? Based on real events and told through the "minutes" of the women's

all-female symposium, Toews's masterful novel uses wry, politically engaged humor to relate this tale of women claiming their own power to decide.

### Staying in the Game

A practical guide to shutting down workplace sexual harassment so it doesn't derail your career or your life, from the first on-air personality to sue ESPN for sexual harassment. "A strong book that will help you navigate the choppy waters of sexual harassment. Gain your power, read this book." -Rose McGowan, New York Times bestselling author of *Brave* Even in the #MeToo era, studies show that women in the workforce continue to harbor misconceptions about sexual harassment and are unprepared to respond when it happens. Lawyer and former ESPN anchor Adrienne Lawrence has learned to advocate for herself and other women. In this book, she offers much-needed insight on topics such as: • Identifying the five types of harassers and the five types of coworkers who enable them • Researching company culture and history to identify sexual harassment hotbeds • Properly documenting inappropriate behavior • Preparing for retaliation and mental health hurdles such as anxiety and depression • Managing public exposure and figuring out when to leverage the power of the media and/or lawyer up This essential guide helps women navigate the complicated realities of sexual harassment and teaches them how to be their own best advocates in toxic work environments.

### This is Pleasure

'Gets deep under your skin ... Gaitskill is uniquely attuned to the moment.' Sunday Times 'Gaitskill achieves a superb feat. She distils the suffering, anger, reactivity, danger and social recalibration of the #MeToo movement into an extremely potent, intelligent and nuanced account.' Sarah Hall, Guardian 'I don't know why I behaved the way I did, and I kept doing it; he kept doing it. And though I might once have easily brushed it away, suddenly I could not. Nor could I confront him. The conversation moved too quickly.' This is Pleasure is an extraordinary work by one of the world's finest writers, and achieves more in 15,000 words than most full-length novels. Following the unravelling of the life of a male publisher undone by allegations of sexual impropriety and harassment, and the female friend who tries to understand, and explain, his actions, it looks unflinchingly at our present moment and rejects moral certainties to show us that there are many sides to every story. Mary Gaitskill has spent her whole career mining the complexity of human relationships on both an individual and societal scale with wisdom and grace. Here her insights are more piercing and timely than ever.